

Strength & Conditioning		M/W/F				
	Exercise				Workload	Rest
Warm-Up	Foam Roll-upper,lower legs				10mintes total	
	Jumping Jacks, Crossover Jacks, skips in place				x :30sec each	
	Inchworms in place				x10	
	Worlds Greatest Stretch				x5 each side	
<u>Jumps</u>	Single Leg Lateral hops(Line Jumps)				2-3sets x10each leg	:30sec
	Lateral Pogo Jumps				2-3sets x10	:30sec
	Squat Jumps				2-3sets x10	1min
	Broad Jumps				2-3sets x5	1 min
	Lateral Bounding(Skater Jumps)				2-3sets x5each	1min
	Rotational bounding				2-3sets x5each	1min
	2 step approach Jumps				2-3sets x5	1min
Strength Training						
	Rear Foot Elevated Split Squat				3-4x 10each leg	2min
	Feet Elevated Alt. Reverse Plank				2-4x 10each	2min
	Single Leg Hip Thruster				2-4x 10each	2min
	Single Leg Standing Calf Raises				2-4x 10each	1min
	Narrow Push Ups				2x10	2min
<u>Core</u>	Birddogs				2 x 15each side	:30sec
	Shoulder Taps (Push UP position)				2 x15each side	:30sec
	Deadbugs				2x15 each side	:30sec
	Clamshell Side Plank				2x15 each side	:30sec
Conditioning	Shuttle Run	5-10-15yards			5-10x	:30sec
		or				
	Treadmill Sprints				:15sec x10	Walk tor :45sec
Cool Down	Foam Roll & Stretch					